



SETAF picks Soldier, NCO of the Year

Story and photo by Sgt. Maj. Larry Lane
SETAF Public Affairs

After three days of challenging events amongst three NCOs and three Soldiers, the SETAF NCO and Soldier of the Year were selected July 21.

Both Soldiers will now compete at the U.S. Army Europe level, Aug. 6-10 at Grafenwohr, Germany.

Earning the title of NCO of the Year is Sgt. Shawn Walbeck of the 13th Military Police Company.

The Soldier of the Year is Spc. Jonathan Welch, a radio transmission operator with the 173d Airborne Brigade Combat Team.

Both Soldiers had trained for many hours before the competition, but they would have to prove their claims of being the best during the events, which included an Army Physical Fitness Test, several stations of random Soldiering skills, a 12-mile road march carrying a 35-pound rucksack, basic rifle marksmanship, and finished with a knowledge board in front of five sergeants major.

"The other Soldiers and NCOs in my unit are what made me successful," Walbeck said about earning his title. "Between pushing me to study and having experts specializing in various pieces of equipment and Warrior

Tasks, I was set up for success from the beginning."

Walbeck, a military policeman and team leader with the 13th MP Co., was also selected as the Task Force Peacekeeper and Task Force Guardian Soldier of the Quarter while deployed to Afghanistan in support of Operation Enduring Freedom.

The road march was difficult, but the board was one of the more challenging elements of the competition, Walbeck said. "This was definitely the most difficult board I've attended, because of the many topics and different questions."

Welch also thought the board was a tough obstacle in his path to the Soldier of the Year honors, but other events rated high as well.

"The 12-mile road march comes to mind," Welch said about what he thought was one of the more challenging events. "But there is something about sitting in front of a panel full of sergeants major which makes that walk seem a lot less painful."

Rigorous physical training, demanding mock boards and "NCOs who care about the development of their Soldiers" were the factors that added up to his success, Welch said.

"For the next couple of weeks I will be devoting most of my time training up on everything I can, if I want any shot at winning at USAREUR," he added.

Welch's other titles include July 2005 Soldier of the Month for Headquarters Company, 173d ABCT, as well as the 173d ABCT Soldier of the Quarter, fourth quarter of 2005.

Other competitors for the NCO of the Year competition included Staff Sgt. Paul Makwakwa, Headquarters Support Company, SETAF and Sgt. Aaron Medina, Headquarters, Headquarters Company, 2d Battalion, 503d Infantry (Airborne).

Other competitors for the Soldier of the Year competition included Spc. Nadia Avila, HSC, SETAF and Spc. Stephen Griggs, 13th MP Co.

SETAF's interim Command Sergeant Major, Command Sgt. Maj. Richard Weik, lauded all of the Soldiers for volunteering their time and challenging themselves in this competition.



Sgt. Shawn Walbeck, 13th Military Police Company, dons his protective mask in response to a simulated chemical threat. Walbeck went on to win the SETAF NCO of the Year competition. (Photo by Sgt. Brandon Aird, 173d Brigade Combat Team Public Affairs)



Spc. Jonathan Welch, 173d Airborne Brigade Combat Team, finishes his road march with a sprint. Welch was the winner of the SETAF Soldier of the Year competition.

"These Soldiers volunteered to represent themselves, their unit and this command," Weik said. "They represent what is great about our Army, especially during this time of war."

"When they could be relaxing and taking a well-deserved break, these troops stepped up and took the challenge to be better than the average Soldier or paratrooper," he added.

For their efforts, the NCO and Soldier of

the Year each received the Army Commendation Medal, the SETAF Commanding General's Gold Medallion, and a statue of Saint Michael, Patron Saint of the Airborne. Additionally, the Soldiers received gifts from the Veterans of Foreign Wars, Exchange New Car Sales, the SETAF Sergeants Major Association, the Defense Commissary Agency, AAFES, and Association of the U.S. Army. (For more photos of the competition, see page 8)

Training to standard, not to numbers

Story and photo by Sgt. Brandon Aird
173d Airborne Brigade Public Affairs

The 173d Airborne Brigade Combat Team recently had a mobile training team from Fort Benning, Ga. visit to teach one of the hardest courses in the Army. The Jumpmaster Course is used to give paratroopers the skills necessary to lead and conduct airborne operations. The jumpmaster's role is to ensure the proper attaching, jumping, and releasing of combat and individual equipment.

Roughly 50 paratroopers from the brigade started off the two-week course held on and around the North 40, when it was over, 23 Soldiers were wearing Jumpmaster wings.

To graduate from the course, Soldiers are required to identify personal parachute components by their specific nomenclature and characteristics.

They also must know the procedures and standards required to conduct a jumpmaster personnel inspection, duties and responsibilities of the drop-zone safety

officer, presentation of jumpmaster briefings and pre-jump training, said Sgt. 1st Class Kevin Leheny, Headquarters and Headquarters Company, 1st Battalion (Airborne), 507th Infantry.

"It's one of the best – if not *the* best – courses I've attended since being in the Army," said Staff Sgt. Michael Arroyo, Alpha Company, Special Troops Battalion.

The course isn't as physically demanding as it is mentally demanding. Soldiers have to remember every single piece of equipment and be able to recite the part by nomenclature during the Jumpmaster Personnel Inspection.

"We rig up paratroopers with deficiencies, and then let the students try and find the deficiencies," said Leheny.

Paratroopers inspections are one of the most important tests of the course. If a Soldier fails to find a major deficiency before a jump, it could cost that Soldier his life.

That's one of the reasons why the mobile training team doesn't cut any of the paratroopers slack.

Normally, mobile training teams pass rate

is around 50 percent, while the actual school rate at Fort Benning, Ga. is 65 percent. The instructors believe the reason for the difference is the paratroopers have more than just the school going on when at home base.

"Soldiers have to deal with their unit and their family," said Leheny, "while at Fort Benning they don't have added stress and can concentrate more on the school."

The 173d Abn Bde knows how hard learning all the nomenclature is and tested most of the paratroopers on it before the course started.

"We're here to train to standard and not to numbers," said Leheny. "It doesn't matter how many fail or how many pass. It's about the ones who do pass know and can perform their tasks as a jumpmaster when called upon."

Capt. Joshua D. McGary, commander of Battle Company, 2d Battalion, 503d Infantry (Airborne), performs a Jumpmaster Personnel Inspection on Staff Sgt. John Gullo, Able Company, 2-503d Inf (ABN) July 21.



Sleep deprivation can keep you from achieving mission success

USAG Vicenza Safety Office
Special to the Outlook

Like food, water, and air – sleep is a necessity. When Soldiers don't get enough sleep, performance suffers and everyone is put at risk. The effects of sleep deprivation will sneak up on us.

When Soldiers don't get enough sleep, the ability to judge the impact that sleep deprivation has on their abilities is diminished and performance decreases.

Sleep deprivations may lead to:

- Falling asleep at the wheel causing a vehicle accident/roll-over;
 - Failing to recognize a threat or reacting too slowly to it; or
 - Transposing digits while entering coordinates into a fire-control system.
- A sleep deprived Soldier may make bad tactical decisions.
- The bottom line: Sleep-deprivation can get Soldiers killed!



Sleep Deprivation and Performance

The longer Soldiers go without sleep, the poorer their performance on any number of tasks.

In general, a person can sustain normal performance without noticeable impairment for about 16 hours after waking up.

After 16 hours without sleep, there is a noticeable decrease in performance.

After being awake for 24 hours, the reaction time is worse than being legally intoxicated.

After 28 hours without sleep, performance becomes significantly impaired with the likelihood of critical errors rising to an unacceptable level.

Sleep Management

To sustain performance over the long haul, Soldiers need at least six and

preferably seven to eight hours of sleep out of every 24.

Soldier performance will degrade over time with less sleep than six hours.

Getting four to six hours of sleep every 24 hours will keep Soldiers in the Amber zone (where the risk for mission critical

errors is increased but still at acceptable levels) for periods of up to several weeks.

Getting less than four hours of sleep will keep Soldiers in the Red Zone (where the risk for mission critical errors is unacceptably high).

Sleep doesn't have to be continuous. It is preferred that Soldiers have uninterrupted sleep time; however, several shorter sleep periods that add up to six to eight hours will likely be adequate.

Tips for Sleep Management

Tips for Soldiers:

- Don't sleep in areas where there is regular activity.
- When sleeping, minimize exposure to noise and light – wear ear plugs and use blackout shades.
- Avoid over-the-counter "sleep aids," which cause grogginess not actual sleep.
- Sleep whenever possible – even a little sleep is better than none. Several "catnaps" can add up quickly.

Tips for Leaders:

- Develop a unit sleep management program that gives Soldiers at least six and preferably seven to eight hours to sleep out of every 24.

■ Soldiers trying to sleep during the day require longer (or more frequent) opportunities to sleep to compensate for the body's normal reaction to sleep cycle disruption.

■ Never put Soldiers in a position where they must choose between sleep and something else they would enjoy.

■ Arrange sleep schedules that give Soldiers opportunities to sleep at a consistent time.

If Sleep Loss Can't be Avoided:

Use caffeine – drink the equivalent of

two cups of coffee (~200 mg of caffeine) every two to four hours. Chewing caffeine gum or other aids may also help. Caffeine use as described above will help maintain performance even in the face of moderate sleep loss.

In combat this may be an acceptable risk but when not in combat situations proper rest is the answer to prevent accidents - not drinking coffee.

■ Remember...sleep is a necessity and your performance begins to suffer as soon as you start losing sleep.

■ If you are struggling to stay awake, your ability to function is already impaired.

Opera singer visits Camp Darby



Andrea Bocelli (right) with his fiancée, Veronica, are received by Lt. Col. Stephen Sicinski, USAG Livorno commander, during their visit to Camp Darby July 18. During his visit, Bocelli spent some time with Camp Darby community members signing autographs and posing for photos with his fans. Bocelli was performing in a concert in the nearby city of Lajatico, July 27. (Photo by Chiara Mattiolo, USAG Livorno Public Affairs.)

Community Action Council

This forum is to discuss issues affecting the community. If you have an issue you wish to submit, visit the USAG Vicenza Web site at www.usag.vicenza.army.mil and click on the Community Action Council link. This link provides you the opportunity to review issues that have been previously submitted and responded to by post agencies. There is also a form available for you to submit any new issue you would like addressed. If you have questions, call 634-5222 or 0444-71-5222 from off post.

The command encourages you to identify yourself when submitting a CAC issue in order to be able to answer your concern directly.

The command also reminds the community that CAC issues submitted containing vulgar, derogatory or inflammatory language will not be addressed.

Childcare is offered during the CAC at \$4 per hour, per child, for children ages 6 weeks old through kindergarten from 8:45-11:15 a.m. Preregistration is required. Children will be cared for in the Child Development Center, building 395. Children must be registered with Child and Youth Services Central Registration. Call 634-7219 or stop by their location in the Davis Family Readiness Center.

The next CAC will be Aug. 23 beginning at 9 a.m. in the Ederle Theater.

Update to Issue #04-0128, Dec. 7, 2004, DSL Internet in the barracks. **Updated response from AAFES:** AAFES, Sprint and IMA-E will jointly determine the sequence of roll outs for Army installations in Europe

based on IMA-Es' recommendations. IMA-E will provide a proposed list of locations for the roll out, in order of priority.

While the previous IMA-E list did not include Italy, in recent conversations IMA-E has indicated that Italy is now a priority. We expect it will rank high on the next list.

As of August 2005, the service provider for Internet service in the barracks changed from Sprint to TKS and AAFES and IMA are working through negotiations with TKS.

AAFES update March 15: We are currently working Vicenza barracks phones from two angles. IMA-E has been in negotiations with TKS in Germany to use the cable infrastructure to provide service. This will require a great deal of funding from IMA and TKS to proceed. We are currently waiting on IMA's decision regarding the funding.

If IMA decides not to proceed with the TKS initiative, AAFES will then quickly solicit a contract for service over phone wire.

AAFES update July 10: Unfortunately the negotiations with TKS and IMA-E did not work out for the barracks phone service.

AAFES in conjunction with IMA-E has an agreement with a company called Resolute Partners.

Resolute Partners has been tasked to conduct a test using the Wi-Fi system at Grafenwoehr in August. The test will last at least 30 days. If successful, the program will be expanded to the rest of USAEUR.

AAFES has requested for Vicenza and Livorno to be the next communities to be activated after Grafenwoehr.

Information on Wi-Fi: It is an internet service only. The Wi-Fi will enable soldiers to have high speed internet run off satellite.

The signal can be sent from building to building with a dish. This service does not provide any telephone calling service. Soldiers would have to use cell phones or VOIP, (Voice Over Internet Protocol).

Update to Issue #06-280, Commissary Bistro: The Commissary Bistro is now prohibited from selling hamburgers, steaks, and breakfast. They have been able to offer these items and other menu items for two or three years.

Updated response from DECA July 12: According to our contract, we can only prepare foods that have been previously cooked and reheated, according to contract specifications, and offered for sale. The items cannot be prepared from scratch.

We regret the outcome of this issue, however, we will make every effort to provide a wide variety of items for sale in our bistro at reasonable prices and as expeditiously as possible.

Update to Issue #06-307 Shoppette movie rental drop box.

AAFES response July 26: The drawings for the drop off box are complete and we expect the boxes to be in place by mid-August.

Issue: This year, the Vicenza Middle school and High School awards ceremonies were at the same time. This made it impossible for both parents to attend each ceremony.

Response from Vicenza High School: We regret that this happened last year and have made arrangements so that it will not happen again.

Discussion: The skateboard park at Villaggio is not unlocked on a regular basis for people to use.

The key for the skate park is kept at the Military Police station on Caserma Ederle, so youth have resorted to climbing the fence to access the park and are now also skating in the street and Shoppette parking lot.

Recommendation: I recommend that the youth center be reissued a key to the skate park plus a back up key. I recommend that the MPs also keep a key at the Villaggio gate desk.

Response from Directorate of MWR: Youth Services apologizes for any inconvenience caused while we were sorting out the skate park key issue.

Because it is exposed to the elements, the lock became jammed and YS was unable to open it. Since June 1, Youth Services and the military police each have a copy of the skate park key and the lock is protected from the weather.

Based on mutual agreement between YS and the Office of the Provost Marshal, during normal business days, YS will open the skate park by 9 a.m. and the area will be secured by the MPs prior to sunset. The MPs will open and secure the gate on weekends.

Use of the skate park is only allowed during daylight hours (as posted on the rules as you enter the park).

For the safety of our youth, we would like to remind the public that the use of protective gear is mandatory (helmets with chin straps fastened, knee pads, wrist guards and elbow guards). Youth will be asked to leave the park if proper gear is not worn.

Patrons are also reminded to place litter in the receptacle located outside of the gate as the skate park is frequently found in an unacceptable condition.

AAFES stores change hours

Effective immediately, AAFES and their affiliates listed below will change hours. New hours are:

Post Exchange	Mon-Wed, Fri-Sat	9 a.m.-7 p.m.
	Thurs	9 a.m.-8 p.m.
	Sun	10 a.m.-6 p.m.
Shoppette	Mon-Sun	24 Hours
Military Clothing	Mon-Wed, Fri	9:30 a.m.-5:30 p.m.
	Thurs	9:30 a.m.-6:30 p.m.
	Sat	10 a.m.-5 p.m.
	Sun	Closed
Popeye’s	Mon-Wed, Fri-Sat	10:30 a.m.-7 p.m.
	Thurs	10:30 a.m.-8 p.m.
	Sun	10:30 a.m.-6 p.m.
Taco Bell	Mon-Wed, Fri-Sat	10:30 a.m.-7 p.m.
	Thurs	10:30 a.m.-8 p.m.
	Sun	10:30 a.m.-6 p.m.
Anthony’s Pizza	Mon-Wed,	10:30 a.m.-7 p.m.
	Thurs-Sat	10:30 a.m.-8 p.m.
	Sun	10 a.m.-6 p.m.
Charley’s Steakery	Mon-Wed, Fri-Sat	10:30 a.m.-2 p.m.
	Thurs	10:30 a.m.-2 p.m.
	Sun	10:30 a.m.-2 p.m.
Baskin Robbins	Mon-Sat	11 a.m.-7 p.m.
	Sun	10 a.m.-6 p.m.
Cinnabon	Mon-Sat	7:30 a.m.-4 p.m.
	Sun	8:30 a.m.-2 p.m.
Subway	Mon-Fri	10:30 a.m.-9 p.m.
	Sat	10:30 a.m.-8 p.m.
Burger King	Sun	11 a.m.-9 p.m.
	Mon-Fri	6:30 a.m.-10 p.m.
	Sat	7 a.m.-10 p.m.
Car Care Center	Sun	8 a.m.-8 p.m.
	Mon-Fri	7:30 a.m.-6 p.m.
	Sat	8 a.m.-12 p.m.
1 Hour Photo`	Sun	Closed
	Mon – Sat	10 a.m.-6 p.m.
	Sun	Noon-4 p.m.
Gift Galore	Mon–Fri	7 a.m.-6 p.m.
	Sat	9 a.m.-5 p.m.
	Sun	11 a.m.-4 p.m.
Jewelry	Mon – Fri	9 a.m.-7 p.m.
	Sat	9 a.m.- 6 p.m.
	Sun	10 a.m.- 4 p.m.
Optical Center	Mon – Sat	9 a.m.-6 p.m.
	Sun	Noon-4 p.m.
Dry Cleaners	Mon – Sat	9 a.m.-6 p.m.
	Sun	Closed
Europcar	Mon – Fri	8 a.m.-6 p.m.
	Sat	8 a.m.-2 p.m.
	Sun	Closed
Family Hair Care	Mon – Sat	8 a.m.-6 p.m.
	Thurs	Closed
	Sun	Noon-6 p.m.
Cell Shop	Mon-Sat	9 a.m.-7 p.m.
	Sun	10 a.m.-6 p.m.
Flower Shop	Mon-Sat	9 a.m.-7 p.m.
	Sun	Closed
Tailor Shop	Mon-Fri	10 a.m.-6 p.m.
	Sat	10 a.m.-5 p.m.
	Sun	Closed
Brigade Barber Shop	Mon-Fri	8:30 a.m.-6 p.m.
	Sat-Sun	Closed
Ciao Café	Mon-Fri	7 a.m.- 6 p.m.
	Sat	7 a.m.- 4 p.m.
Mall Barber Shop	Mon-Sat	8 a.m.- 7 p.m.
	Sun	Closed
Specialty Shop	Mon-Sat	10 a.m.-6 p.m.
	Sun	Closed
Mall Beauty Shop	Mon-Wed, Fri	9 a.m.-6 p.m.
	Thurs	11 a.m.- 7 p.m.
	Sat	9 a.m.- 5 p.m.

Untapping our potential

Installation Mentorship Program underway

By Cindy Pierson
EEO Director
Special to the Outlook

Recruitment of mentors and associates is underway for Caserma Ederle’s Installation Mentorship Program.

The mentorship program is a civilian employee development program with an emphasis on career interests, goals and needs.

A mentor is a more experienced or senior employee who accepts responsibility for assisting an associate (mentee) by guiding the associate’s career, advising on career opportunities and evaluating the associate’s progress toward specific goals and objectives.

A mentor is a person who has a sincere desire to enhance the success of others.

Mentors can increase their

professional network, receive recognition from their peers, enhance leadership and interpersonal skills and pass on organizational legacies.

The associate (mentee) is an employee at any grade level in any occupational series who participates with a mentor to attain

The mentorship program is a civilian employee development program with an emphasis on career interests, goals and needs.

career goals.

Associates acquire knowledge and develop skills which may give them opportunities for better assignments; they interact with the experts and receive one on one

feedback; work with a role model; and may have the potential for career advancement and promotion.

The IMP is open to U.S. appropriated and non-appropriated fund employees.

Participation is on a voluntary basis and mentors are outside the supervisory chain of the associate.

Individuals interested in becoming a mentor and/or associate should contact the EEO Office at 634-7976 for a nomination form, which must be returned by Aug. 10.

Participants will be notified in writing of their acceptance into the program and will be required to sign a memorandum of understanding and agreement to follow program guidelines.

Mentors and associates will be notified to attend an orientation on Aug. 24 from 10:30-11:30 a.m., in the Hall of Heroes.

VES Sure Start program accepting applications

Vicenza Elementary School
Press Release

Vicenza Elementary School offers the Sure Start Preschool Program that is modeled after the Head Start program in the U.S.

Sure Start is a full day, high-quality preschool for 4 year olds. It targets children who may potentially be “at risk” for not being ready for kindergarten the following year.

There is a mandatory parent education component that includes scheduled home visits, quarterly parent meetings and participation in the classroom.

Applications are being accepted

now for the school year 2006-07, and children must be 4 years old by Oct. 31.The program is designed for children of sponsors ranking E4 and below, but anyone is welcome to fill out an application.

The Sure Start class size is limited to 16 children, but applications are taken all year long.

If the class is full, applicants are put into a “waiting pool” and when there is an opening, the child most qualified is selected by the steering committee.

Considerations for enrollment may include one or more of the following conditions:

- o Child will be 4 by Oct. 31
- o Sponsors rank is E4 or below

- o Child had a low birth weight, below 5.5 pounds
 - o Child has parent/s whose primary language is not English
 - o Parent/s were teenagers when the first child was born
 - o Parent/s did not graduate from high school
 - o Child lives in a single parent home
 - o The child’s sponsor is currently deployed
 - o The child has an older sibling with a disability
 - o At home there are three or more children close in age
- Visit the Vicenza Elementary School office for an application or call 634-7579 for details.

The Outlook

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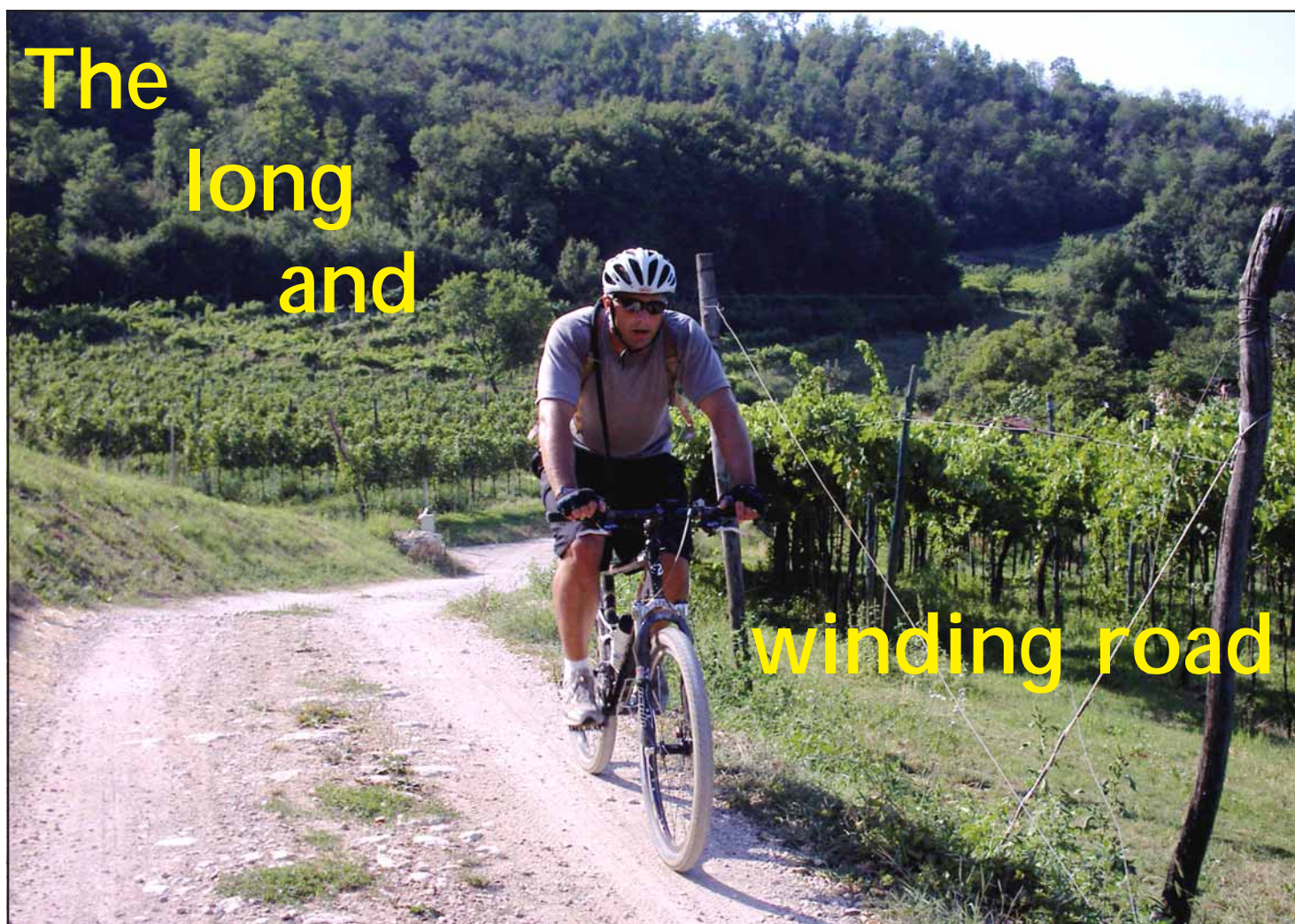
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Ben Burlew tackles the path up to Brendola Regional Park during a recent Outdoor Rec mountain bike ride. This particular ride was rated 'advanced,' and was about 24 miles. (Photos courtesy of Rudy Corral, Outdoor Recreation staff)



Above: Sam Butterfield (left) and Ben Burlew take a breather and look over the spectacular scenery from within Brendola Regional Park. Right: Sam Butterfield rides along a path in Brendola Regional Park, located southwest of Vicenza, during a recent mountain bike ride offered by Outdoor Rec. Outdoor Rec offers free bike ride trips on Tuesdays. Call Outdoor Rec at 634-7453, from off post at 0444-71-7453 for details on the biking trips and other trips and classes offered.

By Christine Weld
Outlook Volunteer

"Italy is such a bike-crazy country. They have a rich cycling culture and it seems natural to cycle here," observes Rudy Corral, Recreation specialist. Corral runs Outdoor Recreation's cycling program, and works to offer cycling programs that the entire community can enjoy.

Free rides are held every Tuesday, leaving at 4:30 p.m. from Outdoor Recreation, located across from the Shoppette on Caserma Ederle.

Both intermediate mountain bike rides and "cruiser" rides are offered.

The mountain bike trips are about 25 miles and last between two and a half and three hours. The ride includes at least one hill and goes at a moderate pace.

The cruiser rides are designed so that cyclists of all levels can enjoy the trip. The ride varies from trip to trip, but generally lasts about an hour and covers roughly eight miles. The cruiser rides are designed to show some of Vicenza's popular points of interest. The rides are leisurely, and do not involve any climbing. Cyclists stay on paved surfaces, so participants can use either road or mountain bikes.

Once per month, a longer bike ride is offered on a Saturday. These rides generally last all morning and destinations vary. The cost varies depending on the destination.

The next ride will take place Aug. 19 and riders will head to Monte Baldo, which is rated an intermediate-level ride by Corral.

The cost for the ride is \$10 with transportation to the site, or \$3 if you meet the group at the departure point.

For all rides offered, participants can either ride their own bike, or rent one from Outdoor Recreation for \$10. They should also bring a helmet and plenty of fluids. It is recommended that riders have sunscreen, a spare tube, tools, and pump and a rain jacket if inclement weather is likely.

All trips can be adjusted as needed, and Corral is a great source of information on biking in and around Vicenza. If you are looking for a good route or want to talk about cycling, contact Corral at Outdoor Recreation.

"The bottom line is that we will customize a biking experience for you," emphasizes Corral. He also recommends that interested riders sign up for an e-mail list that features upcoming cycling events. You can e-mail Corral at rudy.corral@setaf.army.mil, or stop by Outdoor Rec and leave your name and e-mail address on the sheet at the front counter. At the beginning of each week, Corral sends out a list of upcoming rides that covers the next three weeks.

For more information on and of the cycling trips offered, or for general information on cycling, contact Outdoor Rec, at 634-7453, off post at 044-71-7453.

Summer Enrichment teaches more than three R's

Story and photo by Jasmine Perry
Summer Hire
USAG Vicenza Public Affairs

Summer Enrichment program is in session with plenty of activities that help children play and learn.

Summer Enrichment is a program for children in grades K – 6. It's held Monday - Friday from 9 a.m.-noon, and is open to children enrolled in DoDDS.

"This program was developed for DoD schools to support the families of those Soldiers who are deployed," said Kim Russell, lead teacher for the program. "It helps families and provides children structure in an academic setting. It also provides some structure for the families." C h i l d r e n

attending Summer Enrichment classes are not put in classes according to grades, rather, they all mixed – what is referred to multi-age classes.

This way, younger children can learn from older children and they all work together, according to Russell.

"The emphasis this year is the arts," said Russell. "Art, music, visual art, and performing arts are all rolled into a math, reading and language arts program. It's very hands on and there is a lot of creativity involved in this."

"Summer school is nice. I like to read and I also like coloring and learning. But my favorite part of summer school is reading and learning," said 2nd-grader Danielle Perkins.

"I like the art projects we do, like making instruments," said Michael Catena. "We learn about artists and composers. My favorite artist is Monet."

"It's better than school because there is no homework," said 6th-grader Brandon Sims.

"I like summer school, you get to draw pictures and learn about famous composers," said Patsy Tyree, who will be entering 7th grade this fall.

Summer Enrichment classes have ended for the year, but for more information about the Summer Enrichment program, contact Vicenza Elementary School at 634-5998.

Army Community Service celebrates turning 41

From Maj. Gen. Frank G. Helmick
SETAF commander

Happy birthday Army Community Service!

You have much to be proud of as your organization celebrates its 41st birthday. Throughout the years you've provided an invaluable service to our soldiers, families and the community.

The programs that the ACS team offers are an integral part of our Army. It would be a rare Soldier who has not used your services in some shape or form.

Financial counseling, emergency food vouchers, the Exceptional Family Member Program and Family Advocacy, to name a few, provide assistance to many SETAF Soldiers and their families. All Soldiers are likely familiar with the Standard Installation Topic Exchange (SITE) Service program by which information on virtually any installation in the world can be found.

Additionally, we benefit greatly from the volunteer program which helps staff many of the services that improve our quality of life. A price cannot be put on the assistance you provide this community.

I thank all the volunteers who are here to



From left to right: Army Community Service staff serve cake and ice cream to the crowd gathered to celebrate Army Community Service's 41st birthday party held Thursday in the Davis Family Readiness Center. (Photo by Anna Vallery, USAG Vicenza Public Affairs Summer Hire)

help staff many of the services that enhance our quality of life.

The entire Vicenza military community

joins me in sending a heartfelt thank you and Happy Birthday!

Lions Lead, Airborne!

ACS Programs

New Parent Education and Support Program – For more information, contact Andreina Howard at 634-7567.

Exceptional Family Member Program – To learn more about EFMP, call Frances Packard at 634-8528.

Army Family Team Building – To sign up for an AFTB class or to find out more information, contact Kelly Walker or Comel Room at 634-8526.

Employment Readiness – For details, call Allie Vallery at 634-6884.

Community Readiness – For details, call Rita Bonamego at 634-8523.

Relocation Readiness Program – For help with matters relating to relocation, call Jolly Miller at 634-8525.

Volunteer Recruitment and Placement – To learn about volunteer positions, call Randie Gibson at 634-7942.

Family Advocacy Program – To learn more about FAP, call Tammy Wilbur-Hoistad at 634-7314. To contact the Sexual Assault Response Coordinator, call Tina Helmick at 634-6269.

Financial Readiness Program and Army Emergency Relief – Contact Angela Crosland for details at 634-8524.

Benvenuti gives newcomers a taste of Italy

Story and photos by Anna Vallery
Summer Hire
USAG Vicenza Public Affairs

If you are new to Italy and wish to learn about Italian culture and find your way around the local area, Army Community Service has a program for you.

Benvenuti is a four-day class offered by ACS that helps newcomers become familiar with the surrounding area and life in Italy. The course is primarily designed for spouses of Soldiers and DoD civilians.



Participants of the *Benvenuti* class decide what to order for lunch in a small restaurant in Venice. The tour was part of the *Benvenuti* class, an Army Community Service program.

"The goal of *Benvenuti* is to help family members and civilian employees new to the installation get familiar with their surroundings, and be less apprehensive about being in a new country and in a new culture," said Cristiana Muilenburg, a *Benvenuti* instructor since 1997.

The first day of class is held in the classroom in Davis Family Readiness Center and runs from 11 a.m.-3:30 p.m. The participants learn about the mission of the units on post, and after lunch and a visit to the commissary, they learn some useful Italian phrases, (*Buon giorno, Come sta, grazie*), and receive a brief rundown of the history of Italy.

"All of us plan on taking the Italian [language] course after this," said Brian Edwards, a participant of the *Benvenuti* course. "It was a great introduction to the language."

Day two of the *Benvenuti* course finds the group in the city of *Venezia*. The participants take the train to Venice, and upon arrival, they receive a tour of the beautiful city. They make stops at all the famous places such as, the *Rialto Bridge*, *Piazza*

San Marco, and the *Basilica Ponte dei Sospiri*.

Day three of *Benvenuti*, the group takes the bus to downtown Vicenza, where they get a short tour of some Palladio architecture and visit the Thursday market. Lunch is eaten in an Italian restaurant, where they work on their language skills.

"It's a great way to get to know people and visit new places," said Kari McCormick, *Benvenuti* participant.

The last day of the *Benvenuti* brings the participants to the town of *Nove*, which is famous for its ceramics. The group also stops at a few local furniture shops.

After *Nove*, the group heads to the medieval city of *Marostica* where they eat lunch in the main square. On the ride back to Caserma Ederle, they stop at San Bortolo hospital to meet the patient liaison staff.

The *Benvenuti* course is open to all family members over age 13. If you have a small child, ACS has you covered. ACS will pay for *Benvenuti* participants to receive child care through Child and Youth Services, but you must reserve child care a week prior to the course. The child must be registered with CYS.

"It is a very good intro to life in Italy to those who've never been here," said Edwards. "It's a must-have course."

The next *Benvenuti* classes are Aug. 8-11 and Aug. 15-18. After that, the classes are offered once a month.

If you have questions about the *Benvenuti* course, or other courses ACS offers, call ACS at 634-8525 or 7500, from off post at 0444-71-8525 or 7500, or stop by the Davis Family Readiness Center.



Top: A *Benvenuti* tour guide talks about the history of the Carnevale mask made in Venice as they look into one of the store windows during the *Benvenuti* tour of Venice. Above: The group learns a little history about the Jewish Ghetto in Venice, which is the oldest ghetto in the world. Left: The *Rialto Bridge* in Venice is a favorite photo op for many tourists. It was one of many sites visited by the *Benvenuti* participants.



Disbursing office closes for repair

**Bravo Company,
208th Finance Battalion
Press Release**

Beginning Aug. 3, the Bravo Company, 208th Finance Battalion Disbursing office will be closed for approximately two-and-a-half weeks for renovation and construction work on building 28.

During this period, the Disbursing office will provide only mission-essential and emergency services – to include Temporary Lodging Allowance payments, Advanced Station Housing Allowance (ASHA) payments, and local national travel cash advances and settlements.

All other cash payments will be screened for mission-essential or emergency status on a case-by-case basis.

Personal checks will not be cashed during this time.

♦ For individuals requiring emergency military payments, cashier services will be located in the Bravo Co., 208th Fin Bn Conference room, in building 28.

♦ Individuals requiring check cashing and accommodation

exchange services have a number of options on post during the closure of the Finance Office:

Global Credit Union

♦ Only GCU members may cash personal checks at GCU.

♦ For non-members, GCU offers cash accommodation exchanges at

convert the dollar amount into Euro foreign currency at GCU.

♦ GCU automated teller machines are available to all individuals wishing to withdraw money using their debit and credit cards.

Banca Nazionale Del Lavoro

♦ BNL offers non-members cash accommodation exchanges at no cost to the customer.

♦ BNL offers an ATM terminal located outside its main office for individuals wishing to withdraw money using their debit and credit cards.

AAFES Post Exchange

♦ Military members and appropriated fund

civilian employees may cash personal checks for up to \$300 per day.

♦ The AAFES PX also provides check cashing services for U.S. treasury and U.S. bank official, certified, and cashier checks, as well as payroll checks.

No service charge is accessed against individuals who cash negotiable instruments at the PX cash cage.

The Disbursing office will provide only mission-essential and emergency services – to include Temporary Lodging Allowance payments, Advanced Station Housing Allowance (ASHA) payments, and local national travel cash advances and settlements.

no cost to the customer.

♦ Additionally for non-members, GCU will cash U.S. treasury and U.S. bank official, certified, and cashier checks. A \$5 service charge will be accessed against customers cashing these negotiable instruments for U.S. dollars.

However, no service charge is assessed if customers cash these negotiable instruments and then

Fall Vicenza High/Middle School sports information

**Vicenza High/Middle School
Community Information**

It's not too early to be thinking fall sports!

Vicenza Middle/High Schools offer football, boys and girls volleyball, tennis, and cross

country.

All sports are open to students in grades 9-12. Tennis and cross country are also open to Middle School students, however they may participate as exhibition only with other middle school students.

Please refer to the schedule for

practice dates, times and location of each sport below:

For all sports: Please come dressed to practice, bring water and a physical that is current until Nov. 10.

If you have a physical that is dated prior to Nov. 10, 2005, you must get a new physical. Contact the U.S. Army Health Clinic-Vicenza for a sports physical at 634-7484.

Football coaches: Adam Ridgley and Mark Wilson– Aug. 21, 9 a.m., North 40.

Boys Volleyball coach: John Zaborek – Aug. 21, 3:15 p.m. in the VHS gym.

Cross country coach: Susan Vanderbeek– Aug. 22, 3 p.m. in the VHS nurse's office.

Tennis: Amy Ney–Aug. 21, 9 a.m. on the tennis courts next to Joe Dugans restaurant, behind the high school.

Girls Volleyball coach Angela West– Aug. 25, 3:30 in the fitness center gym.

VHS office summer hours are 8:30 a.m.-12:30 p.m. daily.



Now Showing

Caserma Ederle Theater

Aug. 1	CLOSED	
Aug. 2	Just My Luck (PG13)	7 p.m.
Aug. 3	Mission Impossible 3 (PG13)	7 p.m.
Aug. 4	Superman Returns (PG13)	7 p.m.
Aug. 5	Superman Returns (PG13)	3 p.m.
	X Men: The Last Stand (PG13)	7 p.m.
Aug. 6	Over the Hedge (PG)	4 p.m.
	The Da Vinci Code (PG13)	7 p.m.
Aug. 7	CLOSED	
Aug. 8	CLOSED	

Camp Darby Theater

Beginning in June, Camp Darby will also air movies on Thursdays.

Aug. 3	Just My Luck (PG13)	6 p.m.
Aug. 4	The Fast & the Furious: Tokyo Drift (PG13)	6 p.m.
Aug. 5	The Break Up (PG13)	6 p.m.
Aug. 6	RV (G)	2 p.m.

Movie Synopsis

THE BREAK UP - *Vince Vaughn, Jennifer Aniston.* Pushed to the breaking-point after their latest, “why can’t you do this one little thing for me?” argument, art dealer Brooke calls it quits with her boyfriend, Gary, who hosts bus tours of Chicago. What follows is a series of remedies, war tactics, overtures and underminings suggested by the former couple’s friends, confidantes and the occasional total stranger.

THE DA VINCI CODE - *Tom Hanks, Jean Reno.* The murder of a curator at the Louvre reveals a sinister plot to uncover a secret that has been protected since the days of Christ. Only the victim’s granddaughter and Robert Langdon, a famed symbologist, can untangle the clues he left behind. The duo become both suspects and detectives searching for not only the murderer but also the stunning secret of the ages he was charged to protect.

JUST MY LUCK - *Lindsay Lohan, Chris Pine.* Ashley is a young professional just out of college. She also happens to be the luckiest woman in the world, who has lived a super-charmed life and has always taken her good luck for granted. When she kisses a handsome stranger at a costume party, Ashley accidentally swaps her good fortune for his horribly bad luck, and her charmed life turns into a living hell.

MISSION IMPOSSIBLE 3 - *Tom Cruise, Ving Rhames.* Super-spy Ethan Hunt has retired from active duty to trains new IMF agents. But he is called back into action to confront the toughest villain he’s ever faced - Owen Davian, an international weapons and information provider with no remorse and no conscience.

SUPERMAN RETURNS - *Brandon Routh, Kate Bosworth.* Following a mysterious absence of several years, the Man of Steel, Superman, comes back to Earth—but things have changed. While an old enemy plots to render him powerless once and for all, Superman faces the heartbreaking realization that the woman he loves, Lois Lane, has moved on with her life. Or has she? Superman’s bittersweet return challenges him to bridge the distance between them while finding a place in a society that has learned to survive without him.

X-MEN: THE LAST STAND - *Hugh Jackman, Patrick Stewart.* The continuing adventures of the superpowered group, the X-Men, led by Professor Xavier, and based at his school for gifted students, as they try to foster good will for mutants like themselves, in a world where some people are born with extraordinary powers, and many ordinary humans fear them for it.

Admission: Adults age 12 and over \$4, children \$2.
The Ederle Theatre box office opens one hour prior to show time.
Tickets to blockbuster shows are presold at Baskin Robbins.

Soldiers compete to be "Best of the Best"

SETAF and 173d Airborne Brigade Combat Team Soldiers competed for Soldier of the Year and NCO of the Year July 18-21 on Caserma Ederle.

Right: Sgt. Shawn Walbeck conducts weapons procedures on a MK 19 automatic grenade launcher.

Below right: Sgt. Aaron Medina works through a communications scenario as part of the Warriors Tasks portion of the competition.

Below left: Staff Sgt. Paul Makwakwa performs sit-ups.



Above: SETAF NCO and Soldier of the Year competitors begin the 2-mile run, part of the Army Physical Fitness Test.

Right: Spc. Stephen Griggs answers questions from a panel made up five sergeants major.

(Photos by Sgt. Brandon Aird, 173d Airborne Brigade Public Affairs)

